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Government Relations Minister Jim Reiter explains the Saskatchewan government's plan for revenue sharing with municipalities. The province will divvy up more than $264 million this year, an increase of about $27 million from last year. ROSS ROMANIUK/METRO IN REGINA

Communities get $27M boost from province

Total of $264.4M in revenue sharing. Government aims for compromise in divvying up the cash

Saskatchewan municipalities will get more than $264 million from the province this year — an increase of about $27 million from last year.

The money, however, won't be shared the way Saskatchewan Urban Municipalities Association (SUMA) or the Saskatchewan Association of Rural Municipalities (SARM) had wanted.

"There are some unique challenges in the north, so we took $2 million off the top for northern Saskatchewan," Government Relations Minister Jim Reiter said Monday.

"And on the remainder ... we essentially split the difference between the two groups."

That means half the money will be distributed on a per capita basis and half will be shared under a traditional formula that considers costs for specific services.

Urban municipalities will get $170 million — an increase of $18.1 million. Rural municipalities will receive $74.7 million — an increase of $5.9 million. Northern municipalities will share $19.7 million — an increase of $3.1 million.

There must be a review of the way money is shared after every federal census. The review started early last year after the 2011 census and was done with municipalities, but they couldn't reach a consensus on how to divvy up the cash.

SUMA wanted the money shared on a per-capita basis because communities are growing and that's putting pressure on cities. SARM wanted to stick with the old approach. Reiter says there's some provincial interest in certain municipal services that have always been reflected in the formula.

"The other thing is that those particular industries ... for example oil, gas, potash and agriculture, contribute significantly to provincial coffers and we recognize they're in rural Saskatchewan and they require services as well," he said.

Reiter said he didn't know if SUMA or SARM would be happy.

"But I would hope that both sides would look at this very much like, you know, while they didn't get everything they wanted, they got half of what they wanted," said Reiter.

THE CANADIAN PRESS

City gets $314K increase

'A step in the right direction': Atchison on new revenue-sharing formula

The City of Saskatoon will see an additional $314,000 in 2013 from the government, bringing the total amount of revenue shared with the city from the provincial government to more than $47 million.

The increase comes from a new revenue-sharing formula developed by the government, a request mayor Don Atchison lobbied for at the Saskatchewan Urban Municipalities Association convention in February.

"We really believe that this is a step in the right direction," Atchison told media on Monday.

"I think it's really the Saskatchewan way, where we've been able to come up with a solution here that's certainly going to help us move into the next five years."

JANE CAULFIELD/METRO

Next stop for prof: Everest

A U of S instructor is headed to Nepal for a 17-day hike to raise money for victims of human trafficking PAGE 3

Will the cup come home this year?

Five of Canada's seven NHL teams are in a position to make the playoffs PAGE 14

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Revenue shortfall

Budget should rely less on resources: Think-tank

Saskatchewan needs to reduce its dependence on volatile non-renewable resource revenues, the Calgary-based Canada West Foundation says.

"The province has had huge booms in revenues from potash or from oil in the past, but the problem is that the opposite also happens," foundation senior economist Michael Holden said on Monday.

Falling oil revenues have already put a squeeze on Alberta, which anticipates a $2-billion deficit on revenues of $38.6 billion.

Holden said based on third-quarter results, Saskatchewan's resource revenues will come in $563 million lower than expected in the current budget and the government will have a difficult time making that money up as well as planning for the long term and balancing the budget.

He said the new budget, to be tabled on Wednesday, should include measures to save non-renewable resource revenues. He also urged the province to tackle a labour shortage, invest in export-related infrastructure and reform taxes to improve business competitiveness.

THE CANADIAN PRESS

Spending questions

First Nation elects new chief

The Standing Buffalo Dakota Nation northeast of Regina has sworn in a new chief and council after allegations of corruption forced an early election.

Senators from the band near Fort Qu'Appelle decided in January to impeach Chief Roger Redman and five councillors after an audit showed they spent more than $1 million on honorariums, travel, meetings and advances while imposing a 10 per cent cut to reserve services.

Roberta Sooyewaste was voted in as chief on Saturday along with five new councillors. Only one councillor was re-elected from the previous regime.

THE CANADIAN PRESS/CKOM

Saskatchewanian Denise Heppner prepares for her trek up Everest and Kala Patthar by climbing the hills around her house in Waldheim with a weighted backpack. She hopes to raise money to support victims of human trafficking. CONTRIBUTED/ROB HEPPNER

Climbing to conquer modern slavery

Freedom Climb. Saskatchewan woman going from Prairies to Everest on fundraising trek

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Each step up the mountain for Denise Heppner is helping support trafficked women and children around the world.

A Saskatchewan native, Heppner is the only Canadian joining a worldwide fundraising movement, called the Freedom Climb, in which participants trek up Mount Everest and summit nearby mountain Kala Patthar.

More information

- Denise Heppner has raised approximately $20,000 so far. To learn more about the Freedom Climb or to make a donation, go to thefreedomclimb.net.

"It symbolizes their difficult climb to freedom, so when I am training and when I am climbing that mountain, those are the people I am going to be thinking about," Heppner said.

Heppner will climb with 43 other women from around the world. All the money raised will go to Operation Mobilization projects to combat modern slavery.

"There are people coming from the States, from Africa, India and Germany. We all come together from around the world to help fight against this problem," said Heppner, who lives in Waldheim, north of Saskatoon.

Heppner, an online professor at the University of Saskatchewan, leaves for Nepal on April 7. The hike will take 17 days, during which the women will trek to Mount Everest Base Camp, which is at an altitude of 5,364 metres, before turning to summit Kala Patthar, which is 5,545 metres.

Heppner says she has never been much of a hiker before. Rather, she's "just somebody who decided that if I put my mind to this, I could do it to help people."

Boil-water advisory lifted for Saskatoon, but Highway 305 customers put on alert

The precautionary drinking-water advisory that was in place in several Saskatoon neighbourhoods was lifted on Monday afternoon.

Mike Gutek, the city's infrastructure services general manager, said the advisory was lifted after bacteriological tests and discussions between Saskatoon Health Region and the Saskatchewan Water Security Agency determined the water poses no risk.

"Our educated guess, and it's completely a guess, is that we had an older, smaller pipe fail that crosses (the broken main) at a 90 (degree angle), and that failure precipitated a weakening that made the newer pipe fail," Gutek said.

"The main thing is the complete system's fine and we're as good as we ever were."

Gutek said the cost of the water-main break could be anything from $50,000 to $100,000.

However, he said an unrelated scheduled precautionary drinking-water advisory will start Tuesday morning at 8 a.m. for any SaskWater customers north of Highway 305. This includes the communities of Warman, Dalmeny, Hepburn, Hague and the Intervalley and Sask Valley pipeline utilities.

The Saskatoon advisory was the result of a break in a primary water main north of 42nd Street that happened at roughly 2 a.m. last Friday.

METRO

Feds' Khadr file refers to crimes not included in 2010 guilty plea

Allegations. Lawyer says there is 'no evidence whatsoever' to support claims of murder, bin Laden ties

A sketch shows Omar Khadr at the U.S. military war-crimes commission on Guantanamo Bay U.S. Naval Base in Cuba on Oct. 26, 2010. The federal government's file on Khadr contains faulty information based on a memo prepared by a senior policy analyst, internal documents suggest. JANET HAMLIN/THE CANADIAN PRESS

The federal government's file on Omar Khadr contains faulty information based on a memo prepared by a senior policy analyst for Public Safety Minister Vic Toews, internal documents obtained by The Canadian Press suggest.

Among other things, the government alleges a 15-year-old Khadr was an accomplice of late terrorist mastermind Osama bin Laden and that the Canadian citizen killed two Afghan militia men.

The assertions are important given that they will help inform decisions that Canadian prison and parole authorities make on Khadr.

The claims, which form part of Toews' decision allowing the Toronto-born Khadr, 26, to transfer from Guantanamo Bay to Canada last September, originated with a memo written in October 2011 as part of the transfer preparation.

The memo, by Liliane Keryluk, contains a series of statements reflecting Khadr's 2010 deal with a U.S. military commission, in which he pleaded guilty to five war crimes, among them throwing a hand grenade that killed an American special-forces soldier in Afghanistan.

However, Keryluk's memo — reprised in Toews' decision — goes even further than American military prosecutors. In particular, her memo asserts: "Mr. Khadr engaged U.S. military and coalition personnel with small-arms fire, killing two members of the Afghan militia force. He threw and/or fired grenades at nearby coalition forces, resulting in numerous injuries to them."

Although someone inside the compound where Khadr was staying shot the two Afghans, nowhere in his signed admission, which was drafted by military commission prosecutors, is there any suggestion he personally killed them.

THE CANADIAN PRESS

The lone survivor

Khadr could see parole after decade behind bars

The badly wounded Khadr, then 15, was the only survivor found in the rubble following a battle in which American forces dropped two 500-pound bombs on a compound in Afghanistan in July 2002. He was taken to Guantanamo Bay a few months later.

Under the Canadian citizen's guilty plea in 2010, he was given a further eight years behind bars and was transferred to Canadian custody last fall. He is currently a maximum-security inmate at the Millhaven Institution west of Kingston, Ont., and is already eligible for day parole. THE CANADIAN PRESS

Quebec. Chopper pilot carried out prison break at gunpoint, his boss says

A young helicopter pilot, 23-year-old Sebastien Foray, picked up a pair of passengers for what was supposed to be a routine weekend flight over the north shore of Montreal.

Instead, he wound up in an international news story.

Plans for a routine Sunday excursion dissipated quickly, as he allegedly found himself staring down the barrel of a .38-calibre handgun.

"They took out a gun and said, 'You're going to St-Jerome prison,'" said Yves Le Roux, the owner of Passport Helico, where Foray has worked for a couple of years.

He said the pilot was ordered to land on a tower above the prison. Once there, his passengers pulled some rope out of a backpack and let it tumble out toward the ground level below.

Up came two convicts, springing out from the prison yard.

Le Roux said they flew another two or three minutes, with the escaped prisoners dangling from the helicopter, then landed in an open field where the pair was able to hop aboard.

From there, they flew toward a hotel in the Laurentians, where the four passengers left — but not before someone pulled a T-shirt over the pilot's head, Le Roux said, so he wouldn't witness the getaway. THE CANADIAN PRESS

Nabbed

Hours later, the two alleged accomplices and the two escaped convicts were found and arrested.

- They appeared in court Monday, where they were slapped with nearly two-dozen charges, including breaking out of prison, kidnapping and pointing a gun at someone.
- Police raised the possibility of other charges.

Ex-star QB killed in crash

Firefighters work at a home Monday in South Bend, Ind., where a plane crashed Sunday. The plane damaged homes, caused injuries and led to at least two fatalities. Former University of Oklahoma Sooners quarterback Steve Davis, 60, and Wes Caves, 58, a Tulsa, Okla., businessman, were the flight crew on the private jet and were both killed.

JOE RAYMOND/THE ASSOCIATED PRESS

Central India. Six men accused of raping Swiss tourist appear in court

Six men accused of raping a Swiss tourist who was cycling with her husband in central India were produced in court Monday and charged with gang rape.

The suspects appeared in the magistrate's court in Madhya Pradesh state with their faces covered with black cloth, police superintendent Chandra Shekhar Solanki said.

It was not clear how they pleaded in court, but during their arrest Sunday they confessed to the crime, police said. The men, who are poor farmers from nearby villages, also face additional charges of robbing the Swiss couple.

The men beat up the husband and tied him to a tree before raping the woman, police said.

The attack, which occurred Friday night as the couple camped in a forest in Datia district, came three months after the fatal gang rape of a woman on a New Delhi bus, which spurred outrage over the treatment of women in Indian society and over the country's justice system. THE ASSOCIATED PRESS

Guantanamo Bay

More than 20 men on hunger strike

A hunger strike at the Guantanamo Bay prison has grown and now involves at least 21 men, a U.S. military official said Monday, while denying reports trickling out from prisoners through lawyers that there is a more widespread protest and lives are in danger.

No prisoner faces any immediate health threat from the strike, though two have been admitted to the prison medical clinic because of dehydration, said U.S. navy Capt. Robert Durand, a spokesman for the detention centre in Cuba. THE ASSOCIATED PRESS

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Stranger's kindness fulfils St. Patrick's Day wish

Halifax to Dublin. Plea online brings Irishman to forgotten family grave

ANDREW FIFIELD
andrew.fifield@metronews.ca

While Canadians were packing pubs from coast to coast on St. Patrick's Day, a man in Dublin answered a request from a stranger across the sea.

It started when Andrew Bourke of Halifax brought an odd request to the social news site Reddit on the weekend.

"This is the grave of my great uncle, who was badly burned in a flying accident and died a few days later," he wrote.

He included a photo of the tombstone of Lieut. Thomas Leslie Bourke, who died more than 50 years before Andrew was born.

"Can someone drink a pint there tomorrow … or maybe just place a flower for me?"

Bourke found a photo of the tombstone while searching his great uncle's name last year.

"I was sad that the grave looked so uncared for," Bourke told Metro.

With little more to go on than a photo, it seemed unlikely anyone would actually make it to the grave. But after a few people vowed to hoist a brew in Lt. Bourke's memory — just not at Mount Jerome Cemetery — user elmoslats chimed in.

"It was a bitch to find. Bought some flowers," he wrote. Included was a new photo of the same grave, now decorated with a simple token.

"I found the houses that are in the background," elmostats explained. "I then stood at the point where I was looking at the houses at the same angle.... It took about 30 minutes."

"I honestly cried," Bourke later confirmed. "Just a little bit ... but wow. Just wow."

Finding the grave was no small task — founded in 1836, Mount Jerome Cemetery has seen more than 300,000 burials. REDDIT

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Keystone XL. Premier says U.S. pipeline refusal would be betrayal of partnership

A U.S. rejection of the Keystone XL pipeline proposal would have far-reaching implications for the Canada-U.S. relationship, Alberta Premier Alison Redford warns.

"I don't think this is as simple as yes or no on a project," she told The Canadian Press on Monday during a trip to Ottawa to promote her energy strategy. "I do think this could fundamentally change the relationship."

TransCanada Corp. needs approval from U.S. President Barack Obama in order to build its $7-billion bitumen pipeline from Alberta to refineries on the Gulf Coast.

A refusal would throw into question decades of Canada-U.S. economic co-operation and integration, Redford said.

"I think it would show that we're not as trusted as partners as we used to think that we were," the premier said.

She argued that the original free-trade agreement between Canada and the United States included formal commitments to maintain the energy relationship, with Canada promising to remain a supplier and the United States committing to remaining a customer.

THE CANADIAN PRESS

Alberta Premier Alison Redford in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

British Columbia

No fair answer for aided suicide: Feds

A lawyer for the federal government told B.C.'s highest court that a lower-court judge erred by trying to find a "right answer" when it struck down the ban on assisted suicide. On Monday, the first day of an appeal, Donnaree Nygard said the issue has each side totally opposed. The charter seeks to strike a balance, she said, but Parliament has always held the needs of the vulnerable over those asking to die. THE CANADIAN PRESS

Alberta

Death brings fix for hand sanitizer

The 2010 death of a man in Alberta has changed the way hand sanitizer is provided in hospitals.

A doctor at Vulcan Hospital determined it was safe for a drunken Kurt Kraus to sober up in an RCMP cell. A nurse suspected the alcoholic had ingested hand sanitizer at the hospital, but no one knew he had also taken 10 anti-depressant pills.

Hospitals have removed all portable bottles and replaced them with wall-mounted dispensers in public areas. THE CANADIAN PRESS

Buttock enhancement

Cops warn of back-alley procedures

Toronto police have issued a warning about illegal buttock-enhancements being performed in homes and hotel rooms.

They said women are paying cash, typically thousands, to have a substance injected. Investigators said some have experienced serious medical complications.
THE CANADIAN PRESS

Illegal immigration

Feds back border-patrol reality show

The federal government is being criticized for approving a reality TV show on Canada's border security after camera crews filmed the arrest of several men in Vancouver last week.

But Public Safety Minister Vic Toews isn't backing down, saying that illegal immigrants cost taxpayers millions of dollars a year.
THE CANADIAN PRESS

Coming 2 weeks

Target to open 21 new stores in Ont.

Target's expansion into Canada continues apace as the American retailer is set to open 21 new Ontario stores in the next two weeks.

On Tuesday, Target is opening 17 stores in communities across the province, while four more will be opened on March 28, adding to the three pilot stores launched earlier.

THE CANADIAN PRESS

New York City

City may make stores hide tobacco

A new proposal would require New York City retailers to keep tobacco products out of sight under a first-in-the-nation proposal aimed at reducing the youth smoking rate, Mayor Michael Bloomberg said Monday.

Bloomberg said similar prohibitions on displays have been enacted in other countries, including Iceland, Canada, England and Ireland. THE ASSOCIATED PRESS

Gobble-gobble

Burger King to offer turkey burger

If you think a Whopper's too indulgent but are sick of chicken sandwiches, Burger King is offering a turkey burger for the first time. The Miami-based company is rolling out the new sandwich this week as part of its limited-time offers for spring, marking the latest fast-food effort to cater to health-conscious diners.

THE ASSOCIATED PRESS

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Cyprus tax plan shocks Europe

Savings. Government set to raid bank accounts to raise bailout money

Protesters hold up their hands outside the parliament in Nicosia, Cyprus, to protest a controversial bailout proposal. PETROS KARADJIAS/THE ASSOCIATED PRESS

A plan to seize up to 10 per cent of people's savings in the small Mediterranean island nation of Cyprus sent shock waves across Europe on Monday as households realized the money they have in the bank may not be safe.

A weekend agreement between Cyprus and its European partners called for the government to raid bank accounts as part of a 15.8-billion-euro ($20.9-billion) financial bailout, the first time in the eurozone's crisis that the prospect of seizing individuals' savings has been raised.

Facing outrage, Cyprus' government delayed a parliamentary vote on the seizure and ordered banks to remain shut until Thursday while it tries to modify the deal to reduce the hit on people with small deposits.

Several hundred people gathered outside the vacant parliament building, with some chanting "thieves, thieves."

In order to get 10 billion euro ($13.2 billion) in bailout loans from international creditors, Cyprus agreed to take a percentage of all deposits — including citizens' savings. The surprise deal stoked fears that deposits in other countries could be targeted. The government is now trying to modify the terms of the plan, particularly for small savers.

THE ASSOCIATED PRESS

U.K. Deal struck on press laws

British politicians have struck a last-minute deal over press regulation that is meant to curb the worst abuses of the country's scandal-tarred media.

The deal follows days of heated debate over how to implement the recommendations of Lord Justice Brian Leveson, the senior judge tasked with cleaning up a newspaper industry plunged into crisis by revelations of widespread illegality. Victims' groups have lobbied for an independent watchdog whose powers are rooted in legislation. Media groups have opposed potential press laws, saying it threatens press freedom.

The deal reached in the early hours of Monday morning is a complicated compromise.

"I think we have got an agreement which protects the freedom of the press — that is incredibly important in a democracy — but also protects the rights of people not to have their lives turned upside down," Labour leader Harriet Harman told ITV.

THE ASSOCIATED PRESS

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ALL'S FAIR IN LOVE AND LAUNDRY

SHE SAYS

Jessica Napier
metronews.ca

There are numerous benefits to shacking up with a significant other — not only is it cost-effective but those late-night booty calls become a lot more convenient. But what happens when you wake up the next morning and realize that the floors need to be cleaned and there's a pile of dirty dishes in the sink? What's the best way to handle the division of labour when you start living together under the same roof?

Some couples think it's best to approach cohabitation in a pragmatic, organized fashion while others assume that the living situation will evolve more organically. Divvying up household responsibilities in a systematic fashion can help reduce the I-took-the-garbage-out-last-week arguments, but I can't help thinking that keeping an official chore schedule and tallying up grocery receipts might ultimately suck the romance out of the relationship.

Like many women, I've had my fair share of discussions (ahem, blowout fights) about discrepancies in who does more housework. When my boyfriend and I first moved in together he suggested that he take care of the laundry while I should be the one to clean the toilet because "you're so much better at it than I am." He was half-joking (I hope) but also correct in that I was much more proficient at keeping things neat and tidy. However, I swiftly gave him a crash-course in bathroom maintenance and explained that I refused to live with a man-child with no concept of how to clean up after himself.

If anything, the guys should be the ones cleaning the toilet more often because as ladies we have much better aim when it comes to bathroom visits.

While household work might have been a woman's domain in the past, times have changed and traditional gender roles have given way to confusion as both men and women negotiate their new responsibilities inside and outside of the home. The notion of a clearly defined male breadwinner and his dutiful housewife seems laughably archaic now, but that doesn't mean we've totally figured out how to navigate our way through this uncharted domestic territory. However, there's no doubt that two partners with full-time jobs and busy social lives should be making a conscious effort to divide household chores equally.

But if we take our desire for equality too literally it's possible that our pursuit of balance might start breeding resentment. If you're refusing to wash each other's underwear or help clean up the kitchen when it's not your turn, then that well-intentioned organization will turn into animosity. Tracking every single meal cooked and dollar spent in the name of equality might seem like a sensible approach, but it's kind of like keeping score in a game with no real winners.

That elusive notion of "domestic bliss" probably exists somewhere in the healthy middle ground between a hyper-regulated household and unmanaged chaos. However, if I haven't found it after four years of cohabitation then I might just have to accept that there will always be arguments. At least he knows how to scrub a toilet bowl now.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Fancy some moonshine?

STEVE NILSEN/REX FEATURES

When the light hits your eye

Photographer Steve Nilsen couldn't help having fun when he witnessed an impressive moon halo in Kvæfjord in northern Norway. He grabbed his flashlight and made it appear as if he was creating the stunning natural phenomenon with the flashlight. "I made the most of the sky, as there were no aurora to see then," he said. METRO

How the moon gets its halo

A moon halo is caused by the refraction of moonlight from ice crystals in the air.

The shape of the ice crystals results in a focusing of the light into a ring, which surrounds the moon at a radius of 22 degrees. Since the crystals typically have the same shape, namely a hexagonal shape, the moon ring is almost always the same size. METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The unfortunately-named Border Porn is a Reddit page dedicated to very cool photos of international crossings — from the U.S. border splitting a Canadian's driveway to the meeting of hemispheres in Ecuador.

The patio of the Frontière Café in Baarle-Nassau, Belgium, is a humble dividing line with the Netherlands.

Which is a far cry from the military tension of the Korean Peninsula's DMZ.

Letters

RE: Obama: Keystone XL Pipeline Not Major Jobs Creator, published March 14

Obama, quit posturing, just say yes or no. Time to sink or swim for your toothless presidency.

Raymond Fortier posted to metronews.ca

RE: Experts Renew Calls to Solve Foreign Investment Housing Affordability Puzzle, published March 17

The market was inflated all over Canada. Winnipeg home prices doubled over the last 10 years, too, and there weren't any foreigners buying there. This is a huge bubble inflated by the federal government/CMHC policy of subsidizing mortgages with low to no down payment and 30 to 40 year terms.

Joe Mainlander posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

metro

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DVD reviews

The Hobbit: An Unexpected Journey

Director. Peter Jackson

Stars. Martin Freeman, Ian McKellen, Richard Armitage

Director Peter Jackson chose to tell the first part of his The Hobbit film trilogy in 3D at 48 frames per second (twice the normal rate). The DVD/Blu-ray release of the film is less ambitious. There's no 48fps, and 3D is available on Blu-ray only, but there's still lots to see and marvel over. Events in The Hobbit: An Unexpected Journey are set 60 years before novelist J.R.R. Tolkien's Lord of the Rings begins, when a wise Gandalf shows up at the Shire home of happy Bilbo (Martin Freeman) urging him to adventure. Gandalf (Ian McKellen) represents 13 dwarves whose Kingdom of Erebor has been invaded and conquered by the dragon Smaug. The dwarves seek to reclaim their homeland and also the treasure the dragon has stolen. At a running time of 170 minutes, The Hobbit packs in too much of a good thing, but it's all quality stuff.

PETER HOWELL

Zero Dark Thirty

Director. Kathryn Bigelow

Stars. Jessica Chastain, Joel Edgerton, Chris Pratt

Director Kathryn Bigelow's controversial drama has CIA agent Maya (Jessica Chastain) the focus of a serpentine narrative that uncoils between the Middle East, Washington, D.C., and Langley, Va., and ends with U.S. Navy Seals taking down bin Laden at his fortress compound in Abbottabad, Pakistan. ZD30 doesn't flinch from scenes of brutal torture — there are beatings, humiliation, waterboarding and confinement — but it in no way endorses it.

PETER HOWELL

Ladies and gentlemen...

It's our pleasure to introduce to you... Justin Timberlake's career. His album, The 20/20 Experience, is out today. In honour of JT, we take a look back.

METRO WORLD NEWS

1981

Beamed down from heaven — to Tennessee — Justin Timberlake simply appeared one day, fully-formed. His first words were not words at all, but traditional gospel hymns that made grown men weep.

1993

His first big break: Timberlake sang country music on the U.S. talent series Star Search. That isn't the first hat he'd regret.

1993

Britney Spears, Christina Aguilera and JT appeared on The Mickey Mouse Club when — whoa, is that Ryan Gosling? Why isn't this story about him?

1995

Backstreet who? *NSYNC sold 11 million albums, and the sequel, No Strings Attached, became the fastest (at the time) selling album ever.

2000

This.

2000

Bristin Timberspears never really took off as a nickname. It's never too late.

2001

Still in *NSYNC, Justin takes the spotlight more. Could a solo career be far behind?

2002

The solo career was not far behind. The album Justified would sell more than 7 million worldwide, with single Cry Me a River, inspired by his Spears breakup, a hit.

2004

Nipplegate

2006

His first movie, Edison Force ... straight to DVD

2006

But that same year, Timberlake brings sexy back with FutureSex/LoveSounds.

2007

Madonna teams up with JT and the world shrugs. Sounds like a good time to focus on film.

2010

Finally, a big-screen hit: Timberlake brings sexy back to nerds in the Oscar-nominated The Social Network.

2013

Straightened hair, sharp suits, a lifetime of style lessons learned. Justin is back with The 20/20 Experience, out today. He's a latter-day Sinatra who moves like Michael Jackson. Bring back the dreads!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Twilight author Stephenie Meyer ALL PHOTOS GETTY IMAGES

Did RPattz and KStew take the fall for Stephenie's fame?

Twilight creator Stephenie Meyer admits she feels some guilt for the circus the lives of stars Kristen Stewart and Robert Pattinson have become. "If they had the choice, I've no idea if they'd even do Twilight again. I just don't know. I think this has all come at a heavy price," Meyer tells Britain's Times magazine. "I just don't think they enjoy the parts (of fame) that other people would. And I totally get that, because it would not be my thing either. At the same time — and this is where the guilt comes from — it's created this nice, peaceful place for me. They took all of my heat, which I feel bad about."

George Clooney and Stacy Keibler

Clooney and Keibler canoodle, kill the rumours

George Clooney and Stacy Keibler stepped out hand-in-hand for dinner in Berlin this weekend amid rumours that the couple's relationship is in trouble, according to E! News. Clooney and Keibler were dressed casually and were joined by Matt Damon, who joined them after dinner at the Soho House. Clooney is in Berlin filming the Monuments Men.

The Word

Lindsay Lohan gets glitter-bombed. DAMIAN DOVARGANES / THE ASSOCIATED PRESS

Here comes the Lohan!

THE WORD
Meredith Engel
scene@metronews.ca

We only wish it was a happy occasion for Lindsay Lohan. The star was greeted with a showering of glitter as she arrived to her latest court appearance on Monday in L.A. Lindsay was, naturally, late to the appearance — she was scared to fly alone, but thankfully, an energy drink company by the name of Mr. Pink hooked her up on the company's private jet, per The Atlantic Wire.

Our question: what's an energy drink company that no one's ever heard of doing with a private plane?

Going for baby three a scary thought for Paltrow

Gwyneth Paltrow has been considering having a third child, but one very traumatic experience from the last time she and husband Chris Martin tried — which resulted in a miscarriage, she reveals — is giving her pause. "My children ask me to have a baby all the time. And you never know, I could squeeze one more in. I am missing my third. I'm thinking about it," the mother of two tells the Mail on Sunday's You magazine. "But I had a really bad experience when I was pregnant with my third. It didn't work out and I nearly died. So I am like, 'Are we good here or should we go back and try again?'"

Gwyneth Paltrow

Madonna

Madonna always comes prepared with a few potshots

Madonna used an appearance at the GLAAD Awards this weekend to take some shots at the Boy Scouts of America, which continues to ban gay members and troop leaders. The outspoken singer showed up at the event dressed in a Cub Scout uniform to present an award to Anderson Cooper. "I wanted to be a Boy Scout, but they wouldn't let me in. I think that's f—ed up. I can build a fire. I know how to pitch a tent," Madonna said from the stage. "Most importantly I know how to scout for boys. So, I think I should be allowed to be a Boy Scout and they should change their stupid rules."

Twitter

@PamelaDAnderson
Bye Bye London-Dubai- Luxumbourg-Dusseldorf-Geneva-Basel-London- Missing home-my boys, dogs and the beach

@ElizabethHurley
My parrot Ping Pong is barking loudly, while throwing in the odd 'Be Quiet'....

@DanaDelaney
I have washed my face at least 41,610 times in my life. Might skip a day.

Put your spring back in spring

Eat fatty fish to make your skin glow. Purge your Facebook feed. Sex, stress, fitness and diet experts share their foolproof tips for starting afresh as Wednesday marks the first day of spring.

ROMINA MCGUINNESS
METRO WORLD NEWS

Eat oily foods for super smooth skin

Oils from salmon and herring have high concentrations of the omega-3 fatty acids DHA and EPA, which offers softer skin and minimize the appearance of wrinkles. Not fond of fish? Watercress, walnuts and flaxseeds are great plant-based alternatives. Cheryl Forberg, nutritionist for The Biggest Loser, recommends eating three to four grams per day.

Eat the right amount of calories at the right time

If you can't figure out how to space out your calorie intake, think, "three meals and two snacks," Forberg tells Metro. "Say you're taking in 2,000 calories a day. Divide this by four. This allows for three, 500-calorie meals and two, 250-calorie snacks."

Have a coregasm

"Any workout involving the core can be a powerful trigger, all you need to do is tap into your erotic tools: your body and breath. Sit-ups are great. Take in a long deep inhale and then as you exhale, crunch and contract the pelvic floor muscles. Hold that tension in your core. As you release, pleasure floods through you. Allow your body to jerk, shake or twitch," says celebrity sexologist Jaiya.

Negativity out, Honesty in

Celebrity Stress Coach Kristen K. Brown says spring is a time to ask yourself: "Am I doing what I should be?" If you're crabby all the time and constantly bitching could you be causing your own drama? Look at your Facebook and Twitter feed to see what you've been posting of late.

Outdoor workouts

Things like tennis, rollerblading, hiking, etc. become a much more viable option in the spring. You can also implement more activities of daily living. "Take morning or evening walks and ride your bike places instead of driving your car," suggests Joe Dowdell, Anne Hathaway's personal trainer and founder of Peak Performance.

Get your morning under control: from p.m. to a.m.

Most mornings you: scramble around looking for a pair of clean underwear and get to work (late) on an empty stomach, buzzing on caffeine. This frenzy sets the tone for the rest of the day.
"Doing more prep in the evening reduces stress," says Brown. "Pick out an outfit and have everything in one place so you can just grab and go." And, as you won't be lying in bed thinking about everything you need to do the next day, you'll sleep better. Bonus.

Sleep seven to eight hours a night

"As we sleep, the body repairs and regenerates itself," explains Dowdell. "But sleep also has a major affect on two key appetite-regulating hormones: leptin, that tells you when you're hungry, and ghrelin, that signals when you're full," he adds. Together, they work like a checks and balances system in the body: "When you lack sleep, your leptin levels drop and your ghrelin levels rise, causing you to crave sugary, high-carb foods. This imbalance can sabotage your diet."

Slim for life

Biggest Loser coach weighs in with new book

Jillian Michaels orders two eggs over easy with a smidgeon of oil and two slices of dry toast.

And coffee.

Coffee?! "Two strong cups, 400 milligrams, fights pancreatic cancer," she says. "Plus Alzheimer's, Type 2 diabetes and improves cognitive functions."

Not that Michaels is a health-nut goodie-goodie.

"I still drink a little bit of alcohol," she confides. "And I haven't been to the gym in five days!" No wonder. There's this grueling book tour on top of an always-heavy workload, plus the routine demands of parenting a three-year-old daughter and an 11-month-old son who, along with her partner, Heidi Rhoades, have come with her on this recent New York visit.

But all is never lost, says Michaels, in the battle to lose weight and be healthy. "Even if you're just standing while you're talking on the phone," she offers, "you can burn up to 300 calories in a day."

That's the sort of forgiving advice found in her latest book, Slim for Life: My Insider Secrets to Simple, Fast and Lasting Weight Loss (Harmony Books). "It's my softest approach to weight loss," says Michaels, a wellness coach to whom the word "soft" is seldom applied.

After all, she is famous as the drill-sergeant trainer on NBC's The Biggest Loser, a five-foot-two-inch force of nature who doesn't hesitate to throw her tautly muscled weight around.

Jillian Michaels THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

Forget Gatorade, just pop a Medjool Date Ball

This recipe makes about 18 balls. NATURAL DELIGHTS MEDJOOL DATES

THERESA ALBERT
myfriendinfood.com

As a new runner, I am on a mission to find a way to support my exercise without drinking and eating processed and sugar laden energy packs and sports drinks.

What I have discovered is that I do need a pre-run, low glycemic index, nugget of a power snack.

Then I found that these Medjool Date Balls were the perfect thing to keep in my purse to perk me up from any 3 p.m. slump or high demand, low energy day.

Psst ... kids like them too!

Ingredients

- 1 cup (250 ml) raw almonds
- 16 Natural Delights Medjool Dates, pitted
- Water, for blending
- 1/2 cup (125 ml) shredded unsweetened coconut
- 1/3 cup (75 ml) raw almond butter or coconut butter
- 3 tbsp (45 ml) cocoa powder
- 1 tsp (5 ml) ground cinnamon

1. Pulse almonds in a food processor until coarsely ground. Transfer to a bowl.

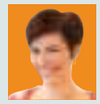
2. Pulse dates in food processor until almost smooth, adding up to 3 tbsp (45 ml) water as needed to help blend.

3. Add almonds back to food processor with coconut, almond butter, cocoa powder and cinnamon and pulse, scraping down mixture in bowl with a wooden spoon as needed until completely incorporated.

4. Transfer to a large bowl. Scoop mixture into 2 tbsp (30 ml) balls, rolling with your hands; place balls on a parchment-lined baking sheet. Cover and refrigerate. **RECIPE COURTESY OF NATURAL DELIGHTS MEDJOOL DATES**

Health Solutions

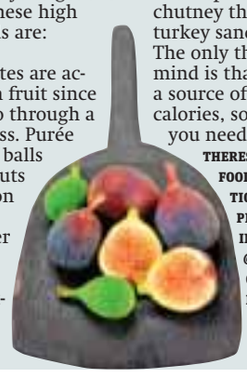
Start dating again



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Once the manna of hikers and hippies, dried fruits are showing up everywhere. They are the perfect glucose nuggets for pre-workout or quick energy during a long run, but they are also a portable simple snack and a little goes a long way. Some ways to get the benefits of these high mineral foods are:

- Medjool dates are actually a fresh fruit since they don't go through a drying process. Purée and roll into balls along with nuts and cinnamon for an excellent appetizer or accompaniment to a cheese platter. They are a great ingredient in loaves as they add anti-oxidants along with sweetness.
- Dried figs can be sliced in half, spread with goat's cheese and lightly baked and then drizzled with balsamic for a stunning appetizer.
- Dried papaya contains papain with is a natural digestive enzyme. Many with stomach issues find it soothing. Chopped into salads and stews, they add a zing of sweetness. Think about simmering them with water, fresh ginger and a splash of sherry for chutney that will make any turkey sandwich sing. The only thing to keep in mind is that dried fruit is a source of concentrated calories, so a little is all you need.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Easy and low fat — it doesn't get any better

NATALIE RICHARD
YummyMummyClub.ca

I love this Cranberry Muffin recipe because it is so easy to make and on top of being healthy and low fat, the muffins are not too sweet.

They make a perfect afternoon snack or even a morning delight.

1. Preheat the oven at 350 F.

This recipe makes 12 muffins. NATALIE RICHARD OF YUMMYMUMMY.CA

Ingredients

- 1 cup of all purpose flour (I like unbleached organic pastry flour)
- 3/4 tsp baking powder
- 1/4 tsp baking soda
- 1 pinch of salt
- 1 tbsp butter
- 1 egg, beaten
- 1/2 cup maple syrup
- 1/4 cup plain yogurt (2% or non-fat)
- 1/2 Granny Smith apple, grated
- 1 cup fresh cranberries

2. Butter or spray muffin cups with non-stick cooking spray.

3. Mix flour, baking powder, baking soda and salt together.

4. Incorporate the butter and mix in the beaten egg, maple syrup, yogurt and grated apple.

5. Fold in the fresh cranberries and spoon the batter evenly in the muffin tins. Bake until done, about 20 minutes. You can test to see if they're done by sticking a toothpick into the centre of a muffin. If it comes out clean, pull out of oven, let cool on wire rack and enjoy. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

Trying to explain love with science

Is there something in our brains that can help explain love? ISTOCK IMAGES

Book. Author looks into our genetic tendencies when it comes to matters of the heart

HEIDI PATALANO
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Science has told us so many definitive things about the way our world works, but matters of the heart are still largely a mystery, no matter how much study has been dedicated to figuring out how the human brain operates when in love.

Just ask Kayt Sukel, author of Dirty Minds: How Our Brains Influence Love, Sex and Relationships. Sukel investigated a wealth of neurological studies meant to suss out our genetic tendencies when it comes to mating, but her inspiration to do so came from a very relatable place.

"I was looking for the same thing that anyone with a broken heart trolling the self-help aisle was," she says. "I was looking for some actionable advice — something that sort of made sense and really explained what love was. That's not exactly what I found. I didn't find those 'five ways to make him love you.' I didn't find any rules."

Disappointing? Sure. Sukel says that so many factors can affect the brain's behaviour that it's close to impossible to come up with any hard-and-fast rules of human behaviour when love is involved.

"I found that our brains are plastic, love relationships are complicated even down to the cellular level and whenever you introduce all of these variables together, you get a different situation every time," Sukel says.

But there is one bit of validation Sukel found that will be useful to any woman who has been the victim of infidelity.

"There's this whole camp that says that men are built to cheat," Sukel says. "That it's just their evolutionary strategy, but we've evolved also with this huge frontal lobe and of course that's the centre of decision-making and morality. We've come a long way from the idea that our biology compels us. There's always a choice."

Q&A

Which animal is the closest to humans in terms of mating?

- "A little rodent called the prairie vole," Sukel says. "Not only do they pair-bond for life, but they're also alloparentals — which means that both the moms and dads take care of the babies. They're the best model we have to study these kinds of behaviours, especially in terms of looking at the brain and what's going on there in terms of neurochemical genetics."

Raise money. Crowdfunding for businesses would give investors stake in company

Social media wants to meet up with corporate finance on the Internet to let startup and small businesses raise money online.

It's called equity crowdfunding — different from Kickstarter which funds creative projects like movies, games or music — because it would give these online investors shares in a company.

CEO and president Chad McMillan of Canada Gold Corp. (TSXV:CI) said equity crowdfunding would bring in more investors contributing smaller sums of money, spreading the risk.

"Crowdfunding is an innovative technique using modern technology that provides an opportunity to do that," he said in an interview.

He said it would help democratize investing, allowing small investors to help get companies off the ground.

"I believe there are people who would love to have access to those opportunities as opposed to it just being reserved for the distinguished few."

McMillan said publicly traded junior mining companies such as his own, startup technology and resource companies and any number of businesses would benefit.

Crowdfunding would allow small investors to help get companies off the ground. ISTOCK IMAGES

"Many companies are finding it quite difficult to access and raise capital to advance their projects or their ideas," said McMillan, whose company is based in Vancouver.

THE CANADIAN PRESS

Laying the groundwork

- Equity crowdfunding is already allowed in Australia, United Kingdom and the Netherlands. Italy is implementing it and the United States also has laid groundwork for it.
- In Canada, a number of provinces are looking at it, including Quebec, Alberta and Ontario.

Five taxing tax myths

Alison on Money. Fact or fiction: what do Canadians believe when it comes to tax time?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Income tax is complex and, I suspect, deliberately confusing. After all, filing returns employs an entire profession. Not surprising then that Canadians have many wrong ideas about their taxes.

These five myths, culled from H&R Block's free online question and answer service (hrbtaxtalk.ca), can run you afoul of Ottawa or cost you money.

1. I earned less than the $10,822 personal amount so I don't have to file a tax return.
Even if you did not earn more than the $10,822 personal amount and have no other deductions, neglecting to file a tax return may cost or reduce benefits such as the quarterly GST/HST payment or the Ontario Trillium, Quebec Solidarity or Child Tax benefits. Seniors may be entitled to the Guaranteed Income Supplement.

Note: If you have had tax withheld, the refund depends on you filing a return.

2. I can claim a flat rate amount for business mileage.
Self-employed Canadians must keep a logbook to calculate the auto expenses for their business. "You can track your mileage for a year to create a baseline," notes H&R Block senior tax analyst Cleo Hamel, "then the next year track a three week period and if it's the same, you use it for the whole year. But be detailed."

3. Child support is a tax deduction.
Unless your agreement is dated before May 1, 1997, child support payments are reported on your tax return but are not a deduction or included in income.

Note: spousal support payments are tax deductible, however, and considered income.

4. If I work outside of the country, I do not need to file a tax return.
It's all about residency. If you are working outside the country but retain substantial residential ties to Canada, you will be required to file a Canadian tax return.

Do Canadians have a few wrong ideas about their taxes? ISTOCK IMAGES

Note: you can give up residency and have it reinstated later. But it can be complicated. Check out cic.gc.ca/english/citizenship/renounce.asp.

5. Mortgage interest is a tax deduction.
Unlike the U.S., only self-employed Canadians working from home can claim a percentage of mortgage interest as a business expense. "A lot of our confusion about this comes from our close connection with the U.S. and watching American television," says Cleo Hamel.

Tax filing software will steer you clear of most myths. Be sure to file even if you don't have a taxable income.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

High playoff hopes for Canadian teams

NHL. Five of country's seven teams currently in position to play post-season hockey

Jets defenceman Dustin Byfuglien crashes the crease of Senators goalie Robin Lehner during Winnipeg's 4-1 loss in Ottawa on Sunday night. If the regular season ended today, both the Jets and Sens would advance to play in the post-season, along with three other Canadian teams. FRANK GUNN/THE CANADIAN PRESS

Nine long years.

That's how much time has passed since as many as five Canadian-based teams made the Stanley Cup playoffs.

If the season ended now, there would be five in the post-season — Montreal, Winnipeg, Ottawa and Toronto in the Eastern Conference and Vancouver in the West.

Only Edmonton and Calgary would be left out, although heading into Monday's games the Oilers were just two points behind eighth-place San Jose in the West and four points out of first place in the Northwest Division. The Flames were another two points back.

"It's great to see," Montreal defenceman Josh Gorges said. "Canada's been longing for a team to win a Cup and when you have more teams in the playoffs, obviously the odds are a lot greater."

However, it is not like Gorges or any other player is rooting for fellow Canadian teams to make it. They're only concerned about getting their own teams over the hump.

"It's exciting, but that's about it," added Gorges. "I'm worried about us. I don't care whether the other teams make it or not, to be honest."

His teammates said much the same, but that mindset could change if they get into the amped-up atmosphere and media coverage of a playoff series between two Canadian teams.

It hasn't happened since five clubs made it in 2004.

That year, the Flames downed the Canucks in the first round en route to the Stanley Cup final, where they lost in seven games to the Tampa Bay Lightning.

The same year, the Maple Leafs beat the Senators in the first round before bowing out to Philadelphia in a conference semifinal. It was the fourth time in a five-year span Toronto downed Ottawa in the post-season.

Montreal also made it in 2004 and beat Boston in the first round before losing to Tampa Bay.

The Canadiens, the last Canadian team to win a Stanley Cup in 1993, are battling for first place in the conference with a 19-5-4 record heading into a game Tuesday night against Buffalo.

With 20 games left to play, only a major collapse would keep them out of the post-season.

THE CANADIAN PRESS

Canadian representation

The last time all the Canadian teams made it was 1985-86 when there were only 21 teams, seven of them in Canada.

NHL

Ducks reportedly re-sign Perry

The Anaheim Ducks have locked up another forward with a long-term extension.

Corey Perry has agreed to an eight-year contract extension worth a reported $8.625 million US average per year.

The announcement — made Monday while the Ducks were taking on the San Jose Sharks at home — comes just over a week after Anaheim signed captain Ryan Getzlaf to an eight-year, $66-million extension.

The 27-year-old Perry scored 50 goals in 2010-11 season to win the Hart Trophy and the Maurice Richard Trophy as the league's top goal-scorer.

THE CANADIAN PRESS

NFL

League settles on paying $42M to retired players

The NFL has agreed to pay $42 million as part of a settlement with a group of retired players who challenged the league over using their names and images without their consent.

The league will use the money to fund a "common good" trust over the next eight years that will help retired players with an array of issues including medical expenses, housing and career transition. The settlement also establishes a licensing agency for retired players to ensure they are compensated for the use of their identities in promotional materials.

THE ASSOCIATED PRESS

Woods, Vonn confirm they're a couple

Tiger Woods and Lindsey Vonn confirmed on Facebook Monday that they're dating. GETTY IMAGES FILES

Sports has a new power couple: Tiger Woods and Lindsey Vonn confirmed they're dating.

Two months after rumours began circulating in Europe, Woods and Vonn posted separate items on their Facebook pages Monday afternoon to announce their relationship. The posts include photos of golf's 14-time major winner and the Olympic and World Cup downhill ski champion.

"This season has been great so far and I'm happy with my wins at Torrey and Doral," Woods said. "Something nice that's happened off the course was meeting Lindsey Vonn. Lindsey and I have been friends for some time, but over the last few months we have become very close and are now dating."

Woods made a stop in Austria — where Vonn was competing in the Alpine skiing world championships — in January on his way to Abu Dhabi to start his season. Two weeks ago, after he won the Cadillac Championship at Doral for his second win this year, The Daily Mail published photos that showed a woman, who appeared to be Vonn, in a golf cart at the marina where Woods' yacht Privacy was docked.

"I guess it wasn't a well-kept secret but yes, I am dating Tiger Woods," Vonn said on her Facebook page. "Our relationship evolved from a friendship into something more over these past few months and it has made me very happy."

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
If you are determined to make a name for yourself, wait until the Sun moves into your birth sign tomorrow. If you make your move now, you could find that little things go wrong.

♉ Taurus
April 21 - May 21
You appear to be in one of your supremely confident moods, and that's great. But don't forget that bubbles can burst. It might be best not to make too many promises today, to yourself or to others.

♊ Gemini
May 22 - June 21
A new phase is about to begin and if you are smart you will pay less attention to work matters and more to friendships. The people you meet over the next few weeks will benefit you in many ways.

♋ Cancer
June 22 - July 23
Keep your dreams and schemes private today. You may have some wonderful ideas but what's the point in making them public if you can't do anything with them yet? A little secrecy is no bad thing.

♌ Leo
July 24 - Aug. 23
You may be a bit tense at the moment, but over the next day or two it will feel as if you have been born again. Where before you saw doom and gloom you will soon see nothing but hope and joy.

♍ Virgo
Aug. 24 - Sept. 23
You know how to handle yourself in a crisis and that's good because today you will have to use all your courage to sort out a difficult, maybe even dangerous, situation. Others are depending on you.

♎ Libra
Sept. 24 - Oct. 23
As the Sun is about to move into your opposite sign, there will be times when you don't understand why others think and act the way they do. Don't let it faze you.

♏ Scorpio
Oct. 24 - Nov. 22
There is so much junk and clutter in your life. Take a long, hard look at all the things you own and work out ways you can make a bit more room for yourself. Less is more.

♐ Sagittarius
Nov. 23 - Dec. 21
Something wonderful is about to happen. Your sixth sense tells you that life is about to take a major turn for the better and the more you look forward to having fun, the more fun you'll have.

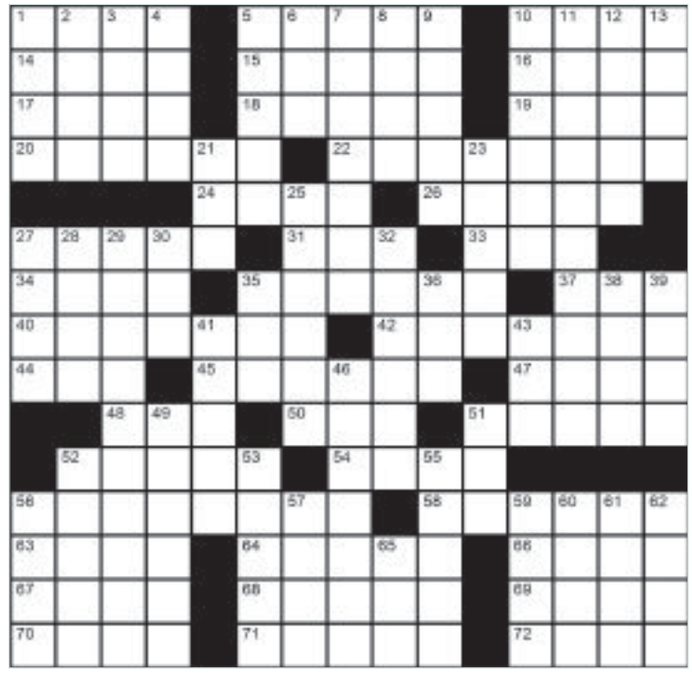
♑ Capricorn
Dec. 22 - Jan. 20
The worst possible thing you can be now is indecisive. What's needed is immediate and forceful action, even if you are not sure what the consequences might be. Don't worry what other people might think — get on with it

♒ Aquarius
Jan. 21 - Feb. 19
There are quite a few minor disputes taking place at the moment, but if you are smart you will ignore them all and get on with what is important to you. Put your needs first.

♓ Pisces
Feb. 20 - March 20
You must be honest about your money situation today, both with yourself and with other people. The Sun's change of signs tomorrow will bring opportunities to improve your cashflow situation, so there's no need to worry. SALLY BROMPTON

Crossword: Canada Across and Down

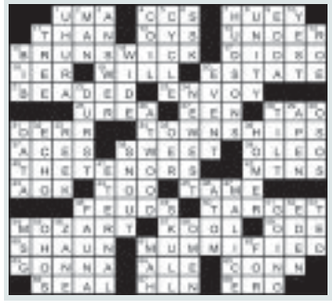
BY KELLY ANN BUCHANAN



Across
1. March 19-24, 2013: Canadian Music __
5. Ozzy, as Jack or Kelly would introduce him: 2 wds.
10. River of Turkey
14. Competent
15. Emma Roberts, to Julia
16. Drill hole
17. Broadway musical, __ Yankees
18. Related maternally
19. Huffy-puffy mood
20. Solar __
22. Embassy worker
24. Paper pack
26. Of the ear
27. British singer Ms. Goulding
31. '_' __ in Regina
33. "Arctic Air" network
34. Bridal accessory
35. Made up of two
37. Permit
40. English: French
42. Prime Minister __ _. Pearson
44. To the __ degree
45. Batman's city
47. "__ Street" (1987)
48. Even if, briefly
50. Swiss river, variantly
51. Great __ (Dogs like Marmaduke)
52. Piercing
54. Actor Mr. Phillippe
56. "ET Canada" airer: 2 wds.
58. Group of Seven painter Mr. Harris (b.1885 - d.1970)
63. "__ and _" by Lady Gaga
64. Cosmetics company, L'__
66. Car
67. __. __. Helens, Wash.
68. Alan of Great Big Sea
69. Like a slanted line, for short
70. Ladies
71. Ms. Spacek
72. Bryan Adams album: '__ the Fire'

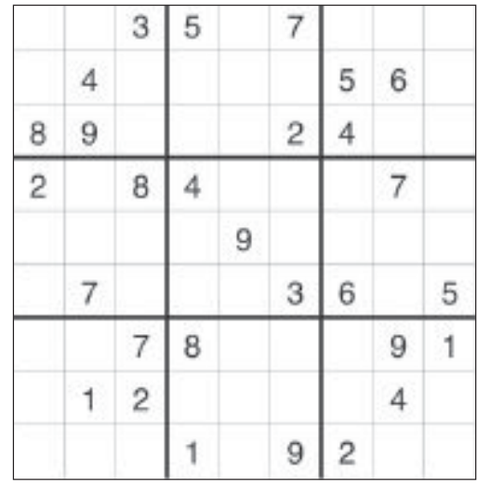
Down
1. Big bits
2. Web auction site
3. Tree types
4. Superman/Clark __
5. Boeotian Muse of memory
6. Feminine side
7. Juno-winning rockers, Theory of a __
8. Play's opening: wd. + Roman Numeral
9. Filmmaker Ms. Mehta
10. Soak up
11. Canadian sportscaster: 2 wds.
12. Font style
13. Cobblestone
21. Bard's 'previously'
23. Beatles' 'In the Sky' girl, and others
25. Record label Clive Davis founded
27. "__ Almighty" (2007)
28. Pre-Easter period
29. Peggys Cove landmark
30. Unwell
32. Wage
35. Li'l life story
36. "Shiny Happy People" b.a.n.d.
38. Detective novelist, __ Stanley Gardner
39. Dining room pieces, for short
41. Marketplace of ancient Greece
43. Lettered airline, once
46. Canadian fast food chain
49. Smoking, gum chewing, and others
51. Genetic letters
52. Laziness
53. Trudges
55. Tin Pan __
56. Rep-doing locales
57. Deanna __ (Counselor on "Star Trek: The Next Generation")
59. Sort of streambed
60. Wreck
61. Louisiana, for one, in French
62. Cancelled, __-__
65. Mr. Gore's

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	6	1	5	4	9	2	8	3
9	4	2	3	8	1	7	5	6
5	8	3	6	2	7	9	4	1
1	5	4	7	6	3	8	9	2
3	7	6	8	9	2	5	1	4
2	9	8	4	1	5	3	6	7
8	3	7	1	5	4	6	2	9
6	1	9	2	3	8	4	7	5
4	2	5	9	7	6	1	3	8

Today
-12°/-18°
Variable

Wednesday
-9°/-16°
Variable

Know what the weather will be 14 days from now.
Check the 14 day trend.
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